

# TMI Focus



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## TRANSCENDING NEGATIVITY

by Laurie A. Monroe



Negativity enters the lives of each of us at one point or another. Negativism seems to be part and parcel of the Earth-school learning process. Among the many lessons, perhaps the most important one is learning

how to use negativity itself to confirm that we are truly connected with that which is much greater than our physical perceptions. We are inseparable from the whole. This synergistic, cooperative state of being is influenced by human will and divine grace.

These reflections were inspired by a recent situation in which a former employee made numerous degrading verbal and written comments about The Monroe Institute and me. That individual put those comments in a letter to many who have been TMI supporters for years. On first reading it, I was overcome with shock. How could this person, who we had trusted and considered as a friend, make such angry statements? How could

that person make such accusations? What had I done to deserve such an attack? My journey became more intense and my emotions less controlled as I searched within. It became obvious that I was playing out the "victim" role. I knew that the personal meaning of the situation had to be processed in order to move beyond it.

Then, while driving in my car I listened to one of Caroline Myss's tapes from *Advanced Energy Anatomy*. She talked about betrayal and offered the following advice: "You might experience betrayal in the following of Guidance, and it may sometimes be that an act of betrayal is the exact act that gets you on your way. When you feel that life has betrayed you, or someone has, it is in your best interest to step back and get as impersonal about that situation as possible and put that very painful experience

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## OPENING TO SELF THROUGH MUSIC

by Gregory Carroll, PhD



Gregory Carroll, PhD, has been on the faculty of the University of North Carolina at Greensboro School of Music since 1981. He is a founding member of The Monroe Institute's Professional Division and a member of our Board of Advisors. Dr. Carroll gives yearly presentations on music, health,

and healing at the North Carolina Center for Advancement of Teaching and has received the School of Music's outstanding teaching award. These qualifications made him the logical choice to conduct an intensive workshop as part of UNCG's Division of Continual Learning Summer Shorts program.

On July 25, 2001, I presented a one-day workshop with the underlying premise that in discov-

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## BACK TO THE FUTURE WITH LIFELINE

by Jacquelyn J. Phillips



In the course of her eighty-three years in Earth-school, Jacquelyn Phillips has pursued a variety of professions and interests. Commercial art was her first career. She was a riveter for Douglas Aircraft and later a draftsman for the Women's Army Auxiliary Corps during World War II. After the war, Jackie married and raised a family, then worked as a real estate broker and agent. In recent years, she has attended the GATEWAY VOYAGE and GUIDELINES and participated in the Dolphin Energy Club. She is certified at the highest level as a Healing Touch Practitioner. Jackie is the founding director of the Center for Healing Intervention (CHI), which opened in 1997. It was the first—and is still the only—center for integrative medicine on Virginia's Eastern Shore. Jackie is truly young at heart. At LIFELINE, she reached back into the past and reclaimed an aspect of herself who joined her in creating a gift for Now.

LIFELINE, why would I want to take that program? I have been a hospice volunteer for twenty years; I know as much as I want to know about that sort of

thing. How about EXPLORATION 27? That sounds exciting. However, a couple of friends suggested that I should experience LIFELINE. So I did.

Arriving at the warmly familiar and welcoming Nancy Penn Center, I checked in. There was the usual sense of excitement, an anticipatory joy in being there again; knowing I would meet people who spoke the same language—fellow travelers, so to speak. That there was fun ahead for us is a given at TMI. I dropped my luggage in the room assigned to me. Was it mere chance that I got the only single available, or does age have special privileges? It is difficult for me to believe that I am actually eighty-three years old, because at heart I feel thirty-eight.

Our introductory meeting in David Francis Hall connected us in a way that was just short of magical. We were a “group” immediately. Then, back in my CHEC unit for the first tape, I set my intent to be of service to some poor soul. Perhaps someone was wandering around, lost and lonely. I would be their rescuer.

Did I get an awakening! I found this skinny little freckled-faced eight-year-old child, who looked so pitifully helpless. She was a part of me that I'd lost without even being aware of it. I took her hand; she melded into me, yet kept her own identity. I felt so complete, so just right. We went to the Park in Focus 27 and built our house together, one that I have dreamed of for a lifetime. It has a roof that rolls back on a starry night at the flick of a switch, smooth and easy. I look up and live with the stars. The house is mostly glass and looks out into the woods on three sides. On the fourth side is THE Ocean, Pacific of course. Now this house of my own design is there to visit or to live in whenever I want. I can change whatever I wish at any

time. There's no contractor to argue with, and construction is immediate. What a glorious gift TMI has given to me through this program called LIFELINE.



## QUARTERLY TAPE

### NETWORK OF LIGHT

#### *Immune System*

Our immune and nervous systems are in constant communication. Research has demonstrated that they use the same cellular receptors.

For this tape series, it is simpler to consider them separately. Although they can form connections as tight as nerve synapses, the immune system's specialized white blood cells are usually coursing through the bloodstream and lymphatic vessels.

Bobbing in currents that throb to life's rhythm, their delicate, petal-like edges unfurl to “taste” the biochemical juices flowing in response to every mood and emotion. They constantly ask, “Does this taste of self or nonself?” *Immune System* will teach you to understand and nurture this vigilant guardian of your health and vitality. You will use deep, receptive relaxation as a “switch” to turn on your inner network of light.





## TRANSCENDING NEGATIVITY

*Continued from page 1*

within a spiritual context and say ‘What am I supposed to get out of this?’ Then just keep going, don’t look back. Whatever you do, don’t anchor your spirit in this experience.”

Rationally, I knew that what she said was true, yet it was difficult to immediately move through and beyond my swirling emotions. The words “...just keep going” and “...don’t anchor your spirit in this experience” kept ringing in my mind. How *do* we move out of the victim role and beyond ego to surrender to our true spiritual path? How *do* we stay aligned with our spiritual vision?

Once I began to get a perspective on the ego-driven motivations behind the betrayal, I was able to open my awareness to much more expansive possibilities. I understood personally and in greater depth, the many ways that the shadow within all of us can express itself. I also grasped the importance of being objective and listening to guidance. The results have been transformative for me. I am converting the negative energy into a positive direction and using it to renew my trust in the process. By letting go of ego desires, my learning can occur through the wisdom of the higher frequencies of spirit, rather than through fear and doubt. In transcending fear, I am able to integrate and transmute the experience. Acting from a place of love, forgiveness\*, clarity, and compassion also allows those around me to align with the forces that will bring us into harmony.

When seeming negativity manifests in our lives, it is always an opportunity to look within. Whether we are consciously aware of it or not, every action is co-creative and each thought is a co-creative mechanism. By detaching from the personal aspects of an incident, we become able to adopt a spiritual perspective. Doing this may take all of the available support and help of your closest friends, as well as profound trust in your own guidance.

Guidance will not tell you “why” and it will not tell you the outcome. It will only show you the appropriate path. It is up to you to take it. Truly surrendering to where I am in the moment was a major part of this for me. I realized that negativity blocks progress. Individuals who are not aligned with integrity and truth and do not feel accountable for their actions will pursue their desires without regard for others. With this knowledge in mind, I turned to my guides and asked for their protection, healing, and assistance. If you are looking for

answers or striving to increase your spiritual understanding in life, always remember to call upon the higher power deep within your innermost heart. This may be described in many ways. I refer to it as calling on my angels. When you find yourself dealing with people operating on a lower level of consciousness, send them love and light or ask those powers in the inner realms to

assist you in transmitting that energy. However you conceive of this process, I assure you that it is real. If you trust, it will work for you.

Perhaps the most important lesson I have gleaned from this episode is to maintain my own enthusiasm for life and for the work we do at TMI. The loyalty and commitment of the employees within our organization has been evident through their actions.

Also, many of you out there have written to express your support and

love. Your dedication and loyalty are pillars of strength, and I appreciate each one of you. Let us continue to be one with spirit and aligned with our purpose and vision of raising the consciousness on our planet to a more productive and loving state of being. In times of personal, national, or global crisis, it is challenging to stay centered and focus positive intention. The following prayer shared by a personal friend who is also a Unity minister may help. “Loving Spirit, bless (insert name) in whatever it is that You know he/she may be needing this day! Fill (insert name)’s life full of your peace, prosperity, wholeness, and power, as he/she continues to have a conscious relationship with You. Thank You, Spirit. And so it is. Amen.”



\*An August 31 article by Marilyn Elias in *USA Today* suggests, “Learning to forgive can benefit the forgiver.” Evidence from a program developed by Stanford University psychologist Carl Thoresen indicates that “... giving up the right to be aggravated and angry, and the desire to strike back” has profound health benefits for the person doing the forgiving. By relaxing rigid rules for others’ personal behavior, looking at painful incidents from the other person’s viewpoint, and moving from blame to acceptance and then forward into the future, those who forgive see “stress, anger, and psychosomatic symptoms—headaches, stomach upsets, etc.—go way down.”



## OPENING TO SELF THROUGH MUSIC

*Continued from page 1*

ering our Self—the core of our being-ness that is covered over by our life experiences—we can come to know and fully embrace Who We Are and, thereby, be of greater assistance to others. Music is only one tool for achieving health and wholeness. These two words arise from common linguistic roots, and we use musical metaphors to describe the states they denote: “Are we making a sound decision?” or “Let’s work toward harmony in the family.” Music can assist with the healthy catharsis and processing of our feelings. Opening to yourself means, simply, the unconditional acceptance of who you are at this moment. Your experiences will be unique—just as you are. You need not study music to understand it; it is a self-teaching language.

Most compositions express contrasting emotional states. Duality and polarity are aspects of Earth Life reality, but not of spiritual reality. Quantum physicists remind us that it is better to speak in terms of “relationship” rather than “cause and effect.” Consciously or not, composers create “whole” works that integrate polarities.

Baroque and Classical music can energize us and support clarity of thought. Baroque compositions stimulate the mind and brain on many levels and in many areas. Baroque’s regular beat can even alter the rate of the human heart-beat. Classical pieces avoid extremes of emotional intensity and clarify our thinking. It is almost as if their structural organization influences the brain to respond in a particular fashion.

We have become alienated from “nature” in the expression “human nature.” And we have come to treat our natural environ-

ment as an object. Nineteenth-century music uses sound to evoke vivid imagery and activate our capacity to visualize—to create an internal three-dimensional world through our “mind’s eye.”

Great teachers tell us that *how* we respond to events is even more important than *what* happens. Pain simply IS, and both psychological and emotional pain can trigger personal transformation. During crisis, some compositions enable us to air out pain, anger, and grief, while others help us find release and give us strength and courage to continue.

The world we live in demands our attention. It continually drags us back to an external focus, and we tend to lose ourselves in the shuffle. While we are actively engaged in the outside world, we put feelings and emotions “on hold” because we cannot pause to “metabolize” them. Many musical pieces—METAMUSIC especially—strengthen our inner focus and “set the stage” for the meditative process of inner exploration.

Music, at its most powerful, inspires us to “give over” to the Universe, a faith, or a Higher Power. When that happens, we begin to see and live life differently, and the Present consumes our awareness. Surrendering to Life opens the way for growth and personal transformation. The vitality of spiritual development on the planet at this time is based on the idea that an individual’s life is a microcosm of evolution for all. Personal transformation becomes a benchmark for everyone’s consciousness development. This concept, which is a very recent thing, urges us to “live through our hearts” in whatever we may do.

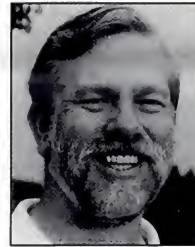
### *Postscript*

The following laudatory comments from participants indicate that Dr. Carroll got his points

across. “Beautifully planned. *Opening to Pain, Anger, and Grief* was exquisite. Dr. Carroll’s stories and the music were beautifully intertwined.” “Dr. Carroll has an infinite passion for all that music exemplifies and encompasses in human reality and communicates it well.” And “This was one of the most ‘morally encouraging’ programs I have attended. What a delight to embrace the good (often coming from the bad).”



## CAPTAIN OF MY SHIP, MASTER OF MY SOUL



“Have you ever looked back, awestruck at the infinite number of random choices and events that led

you to where you are—and more importantly, *who* you are?” In his autobiography, TMI Research Director F. Holmes “Skip” Atwater does both. From childhood out-of-body explorations, to his days as an army lieutenant whose initiative led to the creation of the STARGATE remote-viewing intelligence program, to consciousness exploration sessions with Robert Monroe, *Captain of My Ship, Master of My Soul* is a fascinating look at the way spiritual guidance works in our lives. Watch for a review in the winter 2002 TMI FOCUS.



## SURFING FOR SOLUTIONS

by Carol Hanson



*Carol Hanson attended the GATEWAY VOYAGE in the summer of 2000. She is a special education teacher and a writer and lives in rural Missouri on thirty acres with her three dogs and three cats.*

The following experience doesn't qualify as scientific research, but it is the true story of how Hemi-Sync made a real difference in quality of life for my dog and me. Brandy was fourteen last November. She is a mixed breed, part German shepherd and part golden Labrador retriever, and she has always been nervous during thunderstorms. I used to be able to quiet her by sitting up with her on the couch. Last spring things began to change. Nothing I did seemed to comfort her. She pawed, panted, and quaked no matter what. I assumed that the change was due to her growing progressively more deaf and getting on in years. The veterinarian suggested a half dose of Dramamine® to calm her and make her drowsy. This worked for a while, although it took an hour to have an effect. I placed it in food, but she often refused to eat when she was upset. Finally, it didn't quiet her either. Then the veterinarian suggested a medicine for

dogs that panic when left alone. It was a disaster. Brandy reacted by becoming even more agitated.

One stormy evening, in despair, I went out on my large front porch and found that she wouldn't follow me out and didn't cause a rumpus about my being there. Thus, for this past summer and fall, I made a practice of sleeping on the porch during rainstorms. It was actually an enjoyable experience, and I often took my little boom box and listened to tapes before going to sleep. I thought I had a workable solution. We wouldn't have thunderstorms in the winter, and I could sleep out again the next spring.

Instead, Brandy became agitated almost every evening. The behavior would continue for four to six hours as she tried to climb up on me and then pawed at me. She never settled down. At first I made sure we went walking every day to tire her out. Eventually I had to wait and walk her just before bedtime to insure that she would settle down to sleep. Even then, she seldom slept through the night and awakened me by climbing on my bed panting at two or three in the morning.

Finally, even walks were useless. Every night my dog stood and quaked, yawning and panting or attempting to climb on me. There seemed to be no other choice but to put her down, and I didn't like it. In a final attempt to put off what seemed inevitable, I decided to try my Hemi-Sync Surf CD. I did not expect much. Earphones were obviously out, and it would lose a lot from being played on a small stereo player. In addition, since Brandy is nearly deaf, I doubted it would get through to her at all. I was wrong. It had an amazing and wonderful effect. She calmed down and in about five to ten minutes was resting or sleeping on her bed near me. As the weeks

passed, she had fewer and fewer days when she got panicky, and I no longer had to leash her to keep her off of the couch. The quaking nearly disappeared. She also started sleeping through the night, although her bed of choice is still mine.

There were two interesting side effects. Sometimes Brandy seems to "ask" for the Surf CD. She comes and stands on her bed in front of the CD player and waits. If I still don't get it, she comes over and nudges me with her head. It doesn't happen all the time, and I can't swear to her meaning, but when I turn on Surf she never complains. The second side effect occurred recently while I was listening to *Energy Walk* with earphones and Brandy walked up to the couch. I was really into the tape. Although aware she was there and would probably try to climb up, I decided to stay focused and do nothing. She stood still until the tape was finished, then quietly walked to her bed and lay down. I can't explain why, but I was impressed nonetheless.

Brandy and I have been companions for over twelve years. I am comfortable with her dying when she is ready, but I hate the thought of taking her to be put down. She still enjoys life, loves our long walks, and is not sick or in pain. The effects of Hemi-Sync Surf have allowed both of us greater peace of mind and comfort. Thanks Bob, thanks Laurie, thanks to all of you.

[Carol wrote on September 28 to say, "Brandy died in mid-July at fourteen years, eight months. She was a wonderful companion, but it was time for her to go and I know she is here in spirit."]





## THE MONROE INSTITUTE PROGRAM SCHEDULE

Programs marked RMR will be held at Roberts Mountain Retreat. All others will be held at The Nancy Penn Center. Contact Trina Murphy at (434) 361-1252 or [Toinfinity27@aol.com](mailto:Toinfinity27@aol.com) to register for programs listed below. Contact Shirley Bliley at (434) 361-9132 or [DEC1PD@aol.com](mailto:DEC1PD@aol.com) to register for the March 9-13, 2002, Professional Seminar.

### 2001-2002

#### BEYOND EXPLORATION 27

(For EXPLORATION 27 Graduates)

October 6-10 (RMR)

May 4-8 (RMR)

#### EXPLORATION 27

(For LIFELINE Graduates)

November 10-16 (RMR)

April 13-19 (RMR)

#### GATEWAY GRADUATE RETREAT

October 12-14 (RMR)

#### GATEWAY VOYAGE

October 13-19

October 27-November 2

November 3-9

January 19-25, 2002

February 2-8

March 2-8

April 13-19

April 20-26

May 4-10

#### GUIDELINES

(A Graduate Program)

October 27 (November 2 (RMR)

December 8-14

January 26-February 1, 2002

March 16-22 (RMR)

April 20-26 (RMR)

#### HEARTLINE

(A Graduate Program)

October 20-26 (RMR)

April 27-May 3, 2002 (RMR)

#### LIFELINE

(A Graduate Program)

November 3-9 (RMR)

December 1-7 (RMR)

February 9-15, 2002

April 6-12 (RMR)

May 18-24 (RMR)

#### MC'

(A Graduate Program)

November 10-16

March 23-29, 2002

#### PROFESSIONAL SEMINAR

March 9-13, 2002

## HEMI-LYNC Making Global Connections

*Hemi-Lync is a print media network bulletin board connecting you with people, events, and publications around the world that have something to share about Hemi-Sync. It's your forum and we encourage you to use it. Submit your Hemi-Lync item to the TMI FOCUS by writing, calling, or by e-mail.*



### Appearances

F. Holmes "Skip" Atwater, TMI research director, recently returned from appearances in North Carolina, Australia, and Colorado. Skip is booked through March 2002 for speaking engagements at locations across the United States and in Canada. He will be making presentations on The Monroe Institute and promoting his autobiography, *Captain of My Ship, Master of My Soul*. The softcover book and accompanying CD-ROM are \$21.95 from Hampton Roads Publishing Company, (800) 766-8009, or the TMI Bookstore, (434) 361-1252.

On August 12, TMI Professional Member Brian Dailey, MD, spoke before an audience of 130 women attending the Horizon of Hope Breast Cancer Seminar in Rochester, New York. They were there to become better informed about breast cancer and complementary treatments for the disease. Brian felt that Power Point slides provided by Skip Atwater helped to generate tremendous enthusiasm for Hemi-Sync. His second Horizon of Hope presentation on August 22 in Albion, New York, got an equally positive reception.

Dr. Dailey continued his win-

ning streak September 7-9 in Biddeford, Maine, at "The Developing Child: In The Beginning . . . ." The international conference on pediatrics was presented by the College of Health Professions, University of

New England. Brian spoke on "Therapeutic Touch and Energetic Healing in Pediatrics" and conducted two hands-on therapeutic touch and energetic healing workshops with small groups of participants.

"Cosmic Journeys: Inner Guidance with Rosalind McKnight" was held at the Kindred Spirits Community Resource Center on August 24. Participants explored a variety of ways to access inner guidance and use it to be "fully alive and joyful." On September 26, Rosalind inaugurated a four-part series at Kindred Spirits on "Developing Your ESP." She was a member of Robert Monroe's original Explorer team and has taught college-level parapsychology courses.

A select group of participants listened attentively to a lecture on "Mind Development with Hemi-Sync" delivered by Ray Waldkoetter, EdD, at the 2001 Summerfest Open House held June 16 in Olde Towne, Greenwood, Indiana. Dr. Waldkoetter is a member of the TMI Board of Advisors and a founding member of our Professional Division.

### Books

The following titles are available from Interstate Industries, Inc.



## Lyncing People

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you. Please inform us promptly of changes in location and phone/fax numbers. Call (804) 361-9132 or e-mail [DEC1PD@aol.com](mailto:DEC1PD@aol.com) with changes or to be removed from the list.

|                       |                           |                             |
|-----------------------|---------------------------|-----------------------------|
| <b>AUSTRALIA</b>      | <b>SCOTLAND</b>           | <b>PALMER, AK</b>           |
| <b>ADELAIDE, S.A.</b> | <b>NEW GALLOWAY</b>       | Ross Perrine                |
| Clive Elms            | Jill and Ronald Russell   | (907) 746-6443              |
| Dara Gorecki          | Tel/Fax (44) (1644)       | <b>PASO ROBLES, CA</b>      |
| (61) (08) 8268-5852   | 420357                    | Leland Beck                 |
| Claire Ezrac          |                           | (805) 237-8949              |
| (61) (08) 8346-7936   | <b>U.S.A.</b>             | <b>PHILLIPS, ME</b>         |
| <b>SYDNEY</b>         | <b>ARLINGTON, VA</b>      | (after May 15)              |
| Ashle Trucano         | Mark Gemmell              | C.J. & Stella Stevens       |
| (41) (2) 9953-1155    | (703) 522-8663            | (207) 639-2501              |
| <b>BELGIUM</b>        | <b>BETHESDA, MD</b>       | <b>PORTLAND, ME</b>         |
| <b>THIMISTER</b>      | Helene N. Guttman         | Joe Harrington              |
| Patrick Bartholome    | Tel/Fax (301) 656-8980    | (207) 773-0291              |
| (32) (87) 44-70-70    | <b>BUTTE, MT</b>          | <b>PORTLAND, OR</b>         |
|                       | Leo McCarthy              | Bill Oakes                  |
| <b>CANADA</b>         | (406) 494-3567            | (503) 628-3150              |
| <b>HALIFAX, NS</b>    | <b>BOSTON, MA</b>         | <b>RENTON, WA</b>           |
| Tom Tasse             | Steve Ullman              | Peggy O'Hare                |
| (902) 443-2692        | (978) 579-0945            | (425) 641-4535              |
| <b>ORILLIA, ONT</b>   | <b>CHARLOTTE, NC</b>      | Rob Sandstrom               |
| Kim Stratten          | Rebecca Nagy              | (425) 255-1035              |
| (705) 329-3031        | (704) 588-4623            | <b>ROSWELL, GA</b>          |
| <b>TORONTO, ONT</b>   | <b>COLUMBUS, OHIO</b>     | Chase Carey                 |
| Blair Swanson         | Tom King                  | (770) 587-0350              |
| (416) 694-2908        | (614) 421-7117            | <b>SAN MATEO, CA</b>        |
| <b>VANCOUVER, BC</b>  | <b>DAVIDSON, NC</b>       | Chow Chow Imamoto           |
| Carol Biernat         | Norma Atherton            | (415) 341-1955 (r)          |
| (604) 261-2840        | (704) 892-7000            | (415) 344-1822 (w)          |
|                       | <b>DOWLING, MN</b>        | <b>SHASTA LAKE CITY, CA</b> |
|                       | Robert Jonas              | Edy Harrington              |
| <b>CYPRUS</b>         | (616) 758-3797            | (530) 275-4946              |
| John Knowles & Linda  | <b>ENGLEWOOD, CO</b>      | <b>SILVER CITY, NM</b>      |
| Leblanc               | Daniel K. Meyer           | Marion Light Ray            |
| (357) (6) 621272      | Kimberly Miller           | (505) 388-5782              |
|                       | (303) 740-8053            | <b>STONE MOUNTAIN, GA</b>   |
| <b>DENMARK</b>        | <b>FINESVILLE, NJ</b>     | Gretchen Jaccino            |
| <b>COPENHAGEN</b>     | Pete Ennes                | (404) 716-5857              |
| Jan Caroc             | (908) 995-9493            | <b>SURFSIDE BEACH, SC</b>   |
| (45) (33) 255313      | <b>GRAND RAPIDS, MI</b>   | (until May 15)              |
| <b>STOVING</b>        | Larry Rosencrans          | C.J. & Stella Stevens       |
| Kim Notholm-Larsen    | (888) 320-1517            | (843) 215-1097              |
| (45) 98385751         | <b>HAMDEN, CT</b>         | <b>TEMPE, AZ</b>            |
|                       | Lou Stout                 | Marcie A. Kautler           |
| <b>ENGLAND</b>        | (203) 288-1677            | (602) 968-3021              |
| <b>CAMBRIDGE</b>      | <b>HENDERSONVILLE, NC</b> | <b>TOLEDO, OH</b>           |
| Sue Pinnan            | Joe Gallenberger          | Eileen Tucker               |
| Tel (223) 843164      | (704) 693-4721            | (313) 856-5251              |
| Fax (223) 515091      | <b>INDIANAPOLIS, IN</b>   | <b>TULSA, OK</b>            |
|                       | Shawn Casey               | Bruce W. Freeman            |
| <b>IRELAND</b>        | (317) 852-7727            | (918) 742-0743              |
| <b>OMEATH, CO.</b>    | <b>LOS GATOS, CA</b>      | <b>WALLINGFORD, CT</b>      |
| <b>LOUTH</b>          | Jerry Durand              | Mike Cei                    |
| Jim & Lana Phillips   | Sharon Hurlley-Durand     | (203) 265-9851              |
| (353) (42) 75522      | (408) 356-3765            |                             |
|                       | <b>MT. JULIET, TN</b>     |                             |
| <b>JAPAN</b>          | Art and Jan Flint         |                             |
| <b>TOKYO</b>          | (423) 988-0104            |                             |
| Kanji Nakai           | <b>NEW YORK, NY</b>       |                             |
| Tel (03) 5471-2502    | Al Swadichuto             |                             |
| Fax (03) 5471-2972    | (212) 228-3298            |                             |

If you live within reach of any of these folks and would like to find other nearby people to "explore" with, get in touch. The **OUTREACH** Trainers and facilitators listed on the Expanded Workshop insert also welcome your calls. Special thanks to all of you who are willing to be connecting links in the extended TMI family.

Robert A. Monroe's trilogy:

### JOURNEYS OUT OF THE BODY FAR JOURNEYS ULTIMATE JOURNEY

*Healing Myself*, by Gari Carter  
*Cosmic Journeys*, by Rosalind A. McKnight  
*Mind Trek*, by Joseph McMoneagle  
*Remote Viewing Secrets*, by Joseph McMoneagle  
*The Ultimate Time Machine*, by Joseph McMoneagle  
*Using the Whole Brain*, edited by Ronald Russell

### New Books

Volume 4 of Bruce Moen's *Exploring the Afterlife Series* describes the author's audacious odyssey to the origin of consciousness. In *Voyage to Curiosity's Father*, Moen "translates difficult metaphysical concepts into easily understood metaphors" and gives his interpretation of the ultimate nature of consciousness. \$13.95 in softcover from Hampton Roads Publishing Company, (800) 766-8009, or the TMI Bookstore, (434) 361-1252.

Robert O. Sornson, EdD, director of special education for Northville Public Schools, Northville, Michigan, and a TMI professional member, has edited *Preventing Early Learning Failure*. The book describes programs and practical approaches to develop every child's capacity for learning in the early years, thus setting the stage for success in life and ensuring that no child will be left behind. The \$23.95 hardcover is available from the Association for Supervision and Curriculum Development at (800) 933-2723.

### Magazines

The winter 2001 issue of *Bosque y Playa*—an upscale Argentinean publication providing information on leisure activities, hotels, restaurants, and real estate—featured a full-page article by **OUTREACH** Trainer Nora E. Rosen that billed Hemi-Sync as "the technique that reveals the unlimited potential of the human mind."

### Mentions

In his 1999 book *Extraterrestrial Contact: The Evidence and Implications*, Steven M. Greer, MD, refers to Hemi-Sync as an example of "technology-assisted consciousness." Binaural-beat frequency patterns are described as a way to "achieve deep states of relaxation, expansion, and eventually other powers and abilities." For more information on Dr. Greer's work as director of the Disclosure Project, please visit <http://www.disclosureproject.org>

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# AN OPEN LETTER TO THE TMI FAMILY

September 11, 2001

from Laurie A. Monroe

As I write this, it has been seven days since the tragic terrorist attack on America. Many of us are still in a state of shock or disbelief; many of us are still searching for our friends and loved ones who are missing. The overall energy is chaotic and frantic on the outside, but somehow, there is a sense of centeredness and organization on the inside.

There have been comments about the messages within the event itself. The words connected with the attack—American, United, World Trade Center, and Pentagon (a pentagon has five sides and angles and five means change or transition)—are symbolic. Symbols have meanings, but perceptions of those symbols can differ. Perhaps the most important words are “center” and “united.” Now it is time for us to remain in our center, in our hearts, and, as Americans, stand united with each other and those around the globe who choose to stand with us.

The world is changing and our part is still unfolding. It is critical to go through the process and acknowledge our feelings without anchoring our spirits in negative emotions. If we call on our nonphysical friends, our guides, our higher selves, and the divine that is within us all to assist us through this time, we will be able to forgive. Once we are in a state of forgiveness, our sight will be clearer and our intentions will be more effective. It may take some time for many of us to attain forgiveness, but know in your hearts that it is possible. Please have patience with yourselves.

I hope those of you who are experienced in retrievals will continue to do whatever you can to assist those souls who gave their lives in this disaster. Many of you are already doing this, and our combined efforts have created vortexes over the disaster sites that are opening the way to Focus 27. The helpers and guides appreciate your work and ask that you continue to offer assistance and support.

At this time, I would ask that all of you simply remain centered in your hearts and connect with all your loved ones. It must start with each one of us and ripple out to our families, friends, coworkers, communities, states, countries, and the world. If we each do our part in this crisis, we can cocreate a future of unity and compassion. Send your healing energy to our leaders and to those responsible for this terrible act, so that they too may become centered in their hearts and make decisions in the best interest of the future of humanity.

It is time. It is time for us to use the tools we have been given through our work at the Institute. It is time for us to direct our energies in a constructive way to manifest a peaceful global community. It is time for us to live through love rather than fear. It is time for all of us to have compassion for our fellow human beings. It is time for us to express this love in all we do. It is time for us to Be this love and bring forth the light to all who remain in confusion. It is time for us to know that we are all one. It is time to choose. I ask that each of you choose love and—in the words of John Lennon—“imagine all the people living life in peace.”

God bless you all. God bless America and our Mother Earth.



## HEMI-LYNC

Continued from page 7

### Television

*Hidden History: Psychic Espionage* aired on the History Channel at 8 P.M. EST on September 27. The program focused on remote viewing and featured interviews with Hal Puthoff, Skip Atwater, Joe McMoneagle, and Paul Smith.

### Visits

Twelve students from the Rhine Research Center's Institute of Parapsychology in Durham, North Carolina, were guests of The Monroe Institute on August 27. With Colleen Rae, coordinator of special programs, they toured the Bob Monroe Research Lab and chatted with Skip Atwater and Joe McMoneagle. Laurie Monroe led the group in a special tape exercise in the Nancy Penn Center. We hope many of them will return to attend a GATEWAY VOYAGE.



## ATTENTION

As you know, we do not sell our mailing list. It has come to our attention that Bob and Susan McCulloch, who are no longer accredited TMI Trainers, are using our mailing list without our permission. We apologize for any inconvenience this has caused you.

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